

# TAKE A SEAT

*"A reader lives a thousand lives before he dies.  
The man who never reads lives only one."*

## Chapter 1

Read **20 minutes** a day and you'll read **1,800,000 words** per year.

Children learn **4,000 to 12,000 words** per year through reading.

Books are meant to bring knowledge and joy. By reading a book for just 30 minutes a day you are giving your brain a **workout** without even realizing it. A good book can be an adventure, a teacher, something to pass the time, or a therapist, but it's up to us to have the courage to open that front cover and give it a try. Reading is a great way to **keep your** brain **healthy** for years to come.

As you fall into the plot of the story and connect with the characters you are building your **empathizing** skills through learning someone else's story, which helps you develop a more **mindful** outlook on life. Books can be our best companions in times when we need it most, and might not notice until you feel a state of **calmness** take over you.

They are always there and always available to be picked up and put back down whenever you need. A good book is the best hello and the most fulfilled goodbye. The sense of satisfaction that one achieves after reading will boost your happiness and keep your brain strong.

**24%** of adults have **not read** even a part of a book in the **last year**.

Regular readers are **2.5 times less likely** to develop **Alzheimer's** disease than their peers.

Reading for **6 minutes** a day can **reduce stress** by **68%**.

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